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## Reality Check

 September 22, 2010 at 3:46 pm  admin  Uncategorized

I gotta start writing more positive things in this blog. It seems that I only write when I'm venting lately... which ain't right... because I feel like I have a happy life. This trend seems particularly ironic with what I'm about to write about.

I've been informed by a friend - and I use that term loosely right now - that I'm basically a very negative person, can't get myself out of funks, and sit around moping all the time, using friends only to vent my sadness and frustration. This is obviously a toxic situation and not ideal... why would a person want to be around a person like that? They wouldn't. I probably wouldn't...

My reaction to this news is two fold... or maybe three fold. It's multiple fold to be sure... my first reaction is a reality check... I think it's important to stop and think about how your actions and ways of being come off to other people. I think a lot of people lose sight of that... and I'm still and probably always will be a firm believer that the way we conduct ourselves speaks volumes to those around us... and is our CHOICE. I can choose to not pay attention to how I'm behaving... I can choose to be frumpy... or I can choose to struggle out of it, though it may be difficult. Whatever we choose, people can feel it, sense it, and do react to it. So every day, every moment turns into a choice about what kind of person we want to be... and we have to make sure our actions and ways of being are in line with that.

This news has served as a reality check that I'm not always great at that.

Message received.

Since I can't go back and change the past - CURSE THE INABILITY TO TIME TRAVEL! - I can only take what I've learned and make new choices moving forward. I guess I have to pay more attention to some things.

My second reaction to this is... huh. Even if I was wrong to be frumpy so much - and I admit that perhaps I was - I thought real friendship looked beyond that. I thought real friendship was through thick and thin. Perhaps I expected what I've seen in my other friends to show up in all friends. Maybe I don't realize how lucky I am to have such wonderful friends... you know who you are... and am foolish to think that those kinds of friendships are easy to come by. At the very least, I thought real friendship meant being willing to have a conversation about things like this, giving each person the opportunity to see themselves through the other person's eyes... to have that reality check and make changes appropriately... and come out at the other end with the friendship still in tact. I thought real friends gave the chance to listen, to see, to talk... to share... to grow together. Not so in all cases, evidently. Again, I count my blessings a thousand times over for those friends who have tolerated my basketcase moments and walked through them with me. I love you guys. Forever. I hope that I do the same for you if you ever need it. I \*would\* do the same for you if you ever needed it.

I feel hurt by not having had the chance to offer my side of the story. I feel hurt by not having the chance to hear her side of the story right from her mouth. I feel hurt by evidently not being worth the trouble to get through the situation and keep the friendship in tact. I feel hurt that all I was evidently worth was the silent treatment. Are we in grade school? I'm angry that while many of the facts might be accurate... they are not complete.

It's always difficult to see the bad parts about yourself. But I guess there are two ways to handle it. Dwell and remain frumpy... act the victim... look for pity... or... take it, learn from it, adjust your sails to move in a more positive direction and keep on keepin' on. I'm familiar with both approaches, and have done both in the past. We are none of us perfect humans.










This time... this time I will allow myself 24 hours. And then it will be done. If I get the chance to speak in the future to the issue, I will make my apologies for hurting a friend... for not living up to what they wanted from me. If I don't get the chance to speak in the future to the issue... I'll still take what I've learned and move on... and hope that I don't repeat my own mistakes.

This whole ordeal of course makes me appreciate the good friends even more. And it makes me pause to remember to treat those friends, those wonderful people, with the respect, love, care and concern that they so generously give to me.

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respect, love, care and concern that they so generously give to me.

It's funny... there are times when I feel like I'm doing so well at life... that I've made good choices... that I've used my brain in positive ways to get where I am... that I've treated people in my life fairly and well... but now... now it feels like the tattoo with my Mom. Right now I feel like a screw up.

I'm sorry, K.

 2 Comments



## 8 Ball

 July 28, 2010 at 3:23 pm  admin  Uncategorized

My Magic 8 Ball has been surprisingly accurate and consistent of late. I hear you, Timmy. Punch God in the face for me while you're up there, but I hear you, mister Universe.

 1 Comment



## Angry

 July 28, 2010 at 10:23 am  admin  Uncategorized

This part of my life is called Being Angry.

 No Comments



## Thoughts Across the Day

 July 27, 2010 at 12:11 pm  admin  Thoughts

### 4:29

Well I made it 4 and a half hours...

### 3:45

I feel as though I'm a good brick layer. This bucket of mortar is so inviting...

### 3:30

I was wondering why the Magic 8 Ball was so consistent the other day... guess it was right.

### 3:25

Goldfish crackers are swimming in my Coke drowned belly. Just keep swimming, fishies... just keep swimming.

### 3:17

Oooooooh I have a crap load of tequila in my house. Hmm... could be dangerous! Good thing I hate being hungover so much.

### 3:14

Because 3:14 is always lucky... I just need to say... I AM NOT A PUSSY! Nor have I entered into any kind of ball. I WN!

### 3:11

To prove that I have accomplished the first part of my instructions for the day (Have a little hope) — what do I do if it DOES work out? I have not encountered this situation before. How do I act? How do I feel? Seems to be that the tables will turn and it'll be on me to get over stuff. Hmm... I can already feel myself being resigned and cynical (sorry, Nicole)... how do I get beyond that? Hmm.....

### 2:58

Nearly three hours!

I can't believe she said she'd quit with me. She's gonna let me quit? Huh. Is this reverse psychology?




















### 2:36

Feeling so overly dramatic that now... it's funny. 😊 Landmark exercises work. God does not.

### 2:32

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Yeah, not done with You. Like.... SERIOUSLY? You wanna throw shit at me my ENTIRE life? I mean... does that work for you? Did I get the shaft in the big draw up in Heaven or something? “Ooooooh here’s a good, let’s f\*ck with her her entire life.” Yeah, nice work, Pal. Big. Fat. Jerk. And to top it off, You piss on my friends too. What is your DEAL dude? You wanna have a go, Big Man? Bring it. Why don’t you send another lightning bolt. I’m bigger than your shit.

### **2:31**

Side note: Thank You for music... at least I can drown You out with it, ya Big Jerk.

### **2:28**

Sorry, but F-ck You, Dude. The more I think about You the more angry I get. I don’t need You.

### **2:26**

You wanna know why I don’t believe in You? This is a really good example. What the hell did I ever do to you? You wanna teach me a lesson or something? I mean, honestly, I think you coulda gone a different route on this one. Whatever dude, talk to the hand. You got a book full of broken promises. And yea, I’m gonna stay mad at You on this one. Sorry, Pal.

### **2:25**

135 was my previous goal. I really think I can get to 125. I think I can get there in a week. Aw yeah. It’s like having the flu. Benefits to everything.

### **2:11**

I am stronger than this.

This will not kill me.

I have a happy life.

I have an abundant life.

If I knew nothing of permanence, I would be worse off... take the bad with the good...

I am in charge of my feelings.

I am in charge of how I react.

I am in charge of how I live my life.

I am the captain of my own crazy boat.

### **2:02**

HA! Two full hours of productivity. Nap time?

### **1:29**

You sneaky bastards. I see how this works. You never count on the thoughts coming round to the part where they start projecting the future with other people in it, living happily ever after, and not you. Ok ok ok... I got this... I know how the brain works... I know how to deal with this... lemme get it.... I got it I got it I got it...

### **1:24**

“I gotta get through this

I gotta get through this

I gotta make it, gotta make it, gotta make it through

Said I’m gonna get through this

Im gonna get through this

I gotta take my, take my mind off you

Give me just a second and I’ll be alright

Surely one more moment couldn’t break my heart

Give me ’til tomorrow then I’ll be okay”

### **1:03**

I got it I got it I got it... I know I got it. Not always easy to find... but I know I got it.

### **12:46**

Falling Down

“Once was a man who consumed his place and time

He thought nothing could touch him

But here and now it’s a different storyline

Like the straw he is clutching

Why has the sky turned grey

Hard to my face and cold on my shoulder

And why has my life gone astray

Scarred by disgrace, I know that its over

Because I’m falling down

With people standing round

But before I hit the ground

Is there time

Could I find someone out there to help me?

Howl at the wind rushing past my lonely head

Caught inside its own motion

How I wish it was somebody else instead

Howling at all this corrosion

Why did the luck run dry  
Laugh in my face, so pleased to desert me  
Why do the cruel barbs fly?  
Now when disgrace can no longer hurt me

Because I'm falling down  
With people standing round  
But before I hit the ground  
Is there time  
Could I find someone out there to help me?

You see I'm falling down  
With people standing round  
But before I hit the ground  
Is there time  
Could I find someone out there to help me?  
I don't know.... Why... "

#### 12:42

Who knew the last episode of TNG would be so damn relevant in life? It was about Ted, then... Jesus... such a long time ago.

#### 12:39

Hmm... I know this place. I think I see some of the decorations I put up the last time I was here... I got out before. I'll get out again. Maybe I'll leave myself a note this time, though.

#### 12:38

"I've got promises to keep... and miles to go before I sleep... and miles to go before I sleep..."

#### 12:35

Joey! I'm doing it! I'm winning! I got hope! I'm not in a ball! I'm not a pussy!

#### 12:26

Rich, you're awesome. Hehehe...

#### 12:23

Christine, I will always keep my promise to you.

#### 12:13

Who knew Akon could contribute to helping? It's been music, a lot of times, that pulls me out and makes me happy. Thanks Akon.



#### 12:09

I've taken two naps already. Ghetto.  
"These streets remind me of quicksand  
When your on it you'll keep going down  
And there's no one to hold on too  
And there's no one to pull you out  
You keep on falling  
And no one can here you calling  
So you end up self destructing"

☐ No Comments



## Good Friends

 June 17, 2010 at 11:03 am  admin  Friends

I think you know your good friends by the people in your life who can tell you the truth to your face (or via email) and don't sugar coat it... the kind of truth that makes you pause, take a look in the mirror and learn something about yourself. And I think you can tell if they're \*really\* good friends if you care enough to learn whatever it is you learn from that truth... instead of just brushing it off and returning to the way you used to be.

Thanks, friend...

☐ No Comments



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"And the moments are all we've got." - Dr. Stephen Franklin

